


# Carolina country

## Power & Light

**INSIDE:**  
**Connecting communities**  
**First in forestry**  
**Bodie Island Lighthouse**

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## ON THE COVER

Moonrise at Bodie Island Lighthouse. After a major restoration, the historic lighthouse in Cape Hatteras National Seashore opened this season for climbing. Learn more on page 29. (Photography by Ashley Fetner, a member of Randolph EMC, ashleyfetnerportraits.com)



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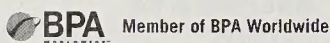
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North Carolina's electric cooperatives provide reliable, safe and affordable electric service to nearly 900,000 homes and businesses. The 26 electric cooperatives are each member-owned, not-for-profit and overseen by a board of directors elected by the membership.


#### Why Do We Send You Carolina Country Magazine?

Your cooperative sends you Carolina Country as a convenient, economical way to share with its members information about services, director elections, meetings and management decisions. The magazine also carries legal notices that otherwise would be published in other media at greater cost.

Your co-op's board of directors authorizes a subscription to Carolina Country on behalf of the membership at a cost of less than \$5 per year.



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#### HAS YOUR ADDRESS CHANGED?

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## Listening to change



By Joseph P. Brannan

For more than 75 years, electric cooperatives have focused on our communities and the connections we make to them. As we look at what we have done and what has worked, we see our involvement in building infrastructure, in economic development, in education. By reaching out and into our communities, we have struck a balance of service, loyalty and trust.

Today, touching our communities has more than just a local impact. What we do now has the power to reach beyond our own geographic regions.

As we listen to today's young people, we can hear a very important message that they are sending to us. They are saying, "We love our community. We love what this community represents. We want to stay here and be a part of its future."

So what can we do as electric cooperatives to help make that happen? We can help to improve the foundations of communities and to build new ones, not just in providing reliable electric service, but also adding to the infrastructure. And the infrastructure is larger than roads and transportation and utilities.

Information is part of the infrastructure where we work now. Think of the vast amount of information we get every day, with the Internet and smartphones. You might say that young people today spend too much time on their smartphones, but they look there for information about what is going on. The older, more experienced among us must embrace this.

The most challenging thing in life is to understand change as it's happening, not just as it happened.

We face the challenge of making our communities places where young people want to stay and work and participate — places they can return to if they go off for education or adventure.

When we're young, we develop a personal relationship with our community. Our community helps us feel secure, it helps us feel happy. After 75 years of providing electricity to rural communities, what have we learned that we can apply going forward? We can help people feel good in their communities. We can look at our communities not as struggling places, but as places of opportunity.

There are huge challenges before us as electric service providers: aging systems, rising costs, load forecasts. But if we consider those challenges in a bigger, more holistic sense, as part of life itself, we can be stronger in facing those challenges. Our long history of reaching out into our communities allows us to focus beyond electric service, to creating jobs, educating people, attracting people and keeping people. We can build more than what we see and touch — more than roads, sewer, water. We can build the intangible, we can build a standard of living. Cooperatives can do that by engaging with our members and helping them to feel empowered that they do make a meaningful difference.

The two most important things we can do to commit ourselves to this work and move forward are 1) to listen, learn and apply what we learn to better our community and society, and 2) to embrace change, adapt to changes and put them to good use.

As not-for profit, democratic service businesses, cooperatives are in the best position to make these community connections work for everyone. ①

*As executive vice president and CEO of North Carolina Electric Membership Corporation, Joe Brannan oversees the state's electric cooperative statewide organizations. Published here is an adaptation of his remarks made this spring to the annual meeting of those organizations.*



## Tungsten capital of the nation

Regarding light bulbs ["The Light Brigade," June 2013], I heard that most of the tungsten used to make filaments for incandescent light bulbs was mined at a tungsten mine between Stovall and Henderson, N.C.

*Bill Price, Pine Knoll Shores, Carteret-Craven Electric*

**Editor's note:** According to the N.C. Geological Survey at the Division of Land Resources, "During the 1950s, the Hamme Mine in Vance County was the largest tungsten mine in the U.S. The mine was reopened as the Tungsten Queen Mine for a short time about 1970 but closed in the fall of 1971 because of declining tungsten prices. Considerable reserves of tungsten remain at the site."



## Reed and friends

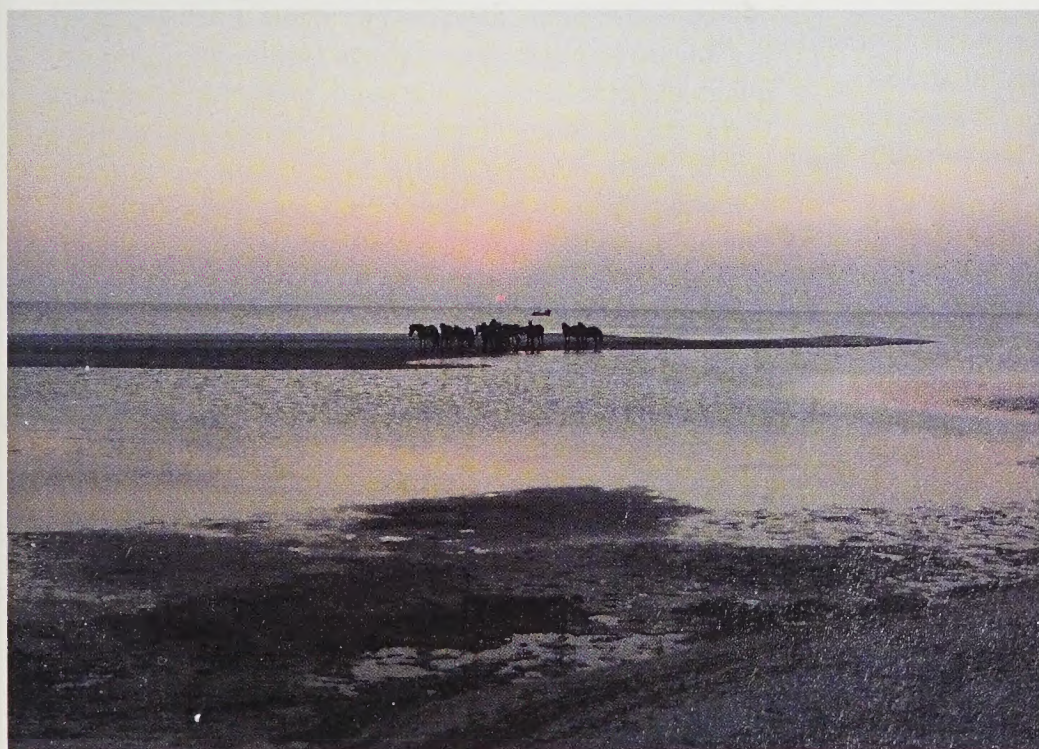
Reed Whitley, our yellow Labrador retriever, passed away at almost 13 years old. He was a best friend to our family and one of the best souls you would ever encounter. Wendy Phillips took this picture of Reed with his best friends. I wonder what he was thinking about? I am sure they were only good thoughts.

*Kristy Whitley, Wake Forest, Wake EMC*



This is a Buff Laced Polish Rooster named George with Seth Fink of Cleveland, N.C. They do everything together. He even took him to bed, which didn't set well with Mom. The cutest thing is watching them ride his bicycle together.

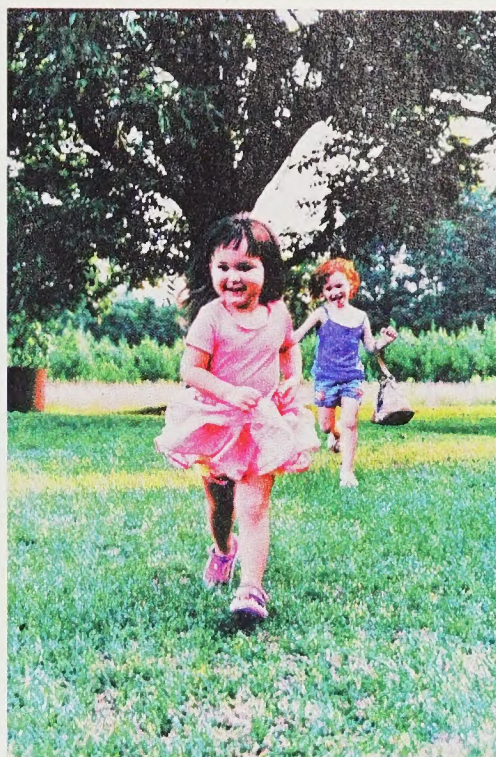
*Susan Bostian*



## Cedar Island sunrise

I saw this from the ferry docks at Cedar Island.

*Michael P. McCann, Dudley, Tri-County EMC*



## Ready or not, here I come

My cousin bought our late great-grandmother's house, and instead of throwing a housewarming party to celebrate, she hosted a family reunion. For the first time in a long while, we had a mass of family members in the same yard. It was an overdue breath of fresh air. We stuffed ourselves on spaghetti then settled back and talked the evening away.

Meanwhile, the kids played in the same yard where we all once shared priceless childhood memories. In the midst of listening to my kinfolk talk about our cousin's husband's aunt's boyfriend's little dog's previous owner, I got distracted by the laughter of little high-pitched voices. My nieces were playing Hide and Go Seek in the same field where I had once exhausted my own elementary school voice counting to 10, eventually shouting "Ready or not, here I come!" Here is my youngest niece running away from her older sister in an attempt to reach home base.

*Bridget Pratt, Lilesville, Pee Dee EMC*

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## Big Energy

The massive tornado that devastated Moore, Okla., in May was classified an EF5, the most destructive. In terms of the energy it released, a fair estimate is nearly 40,000 kilowatt-hours. The average American home uses 940 kwh per month, so energy in an EF5 tornado could power an average home for about 3½ years.

A typical tornado's energy, however, is less than a typical thunderstorm's and much less than a typical hurricane's. A tornado can be more destructive because it's so concentrated. According to Joe Schaefer, director of the national Storm Prediction Center (National Oceanic and Atmospheric Administration and National Weather Service) in Norman, Okla., "Because a tornado is so much smaller than a hurricane, the energy density (energy per unit volume) of a tornado is about six times greater for a tornado than for a hurricane. In terms of energy density, a tornado is the strongest of nature's storms."

NOAA says a hurricane releases some 10 billion kwh in the form of wind energy, about the same as a nuclear bomb. But NOAA qualifies that by pointing out that hurricane energy must be considered at two places: energy released by water condensation and energy generated that maintains the storm's winds.

NOAA's Chris Landsea writes, "The heat released in the condensation process is used to cause rising motions in the thunderstorms and only a small portion drives the storm's horizontal winds." But it's a colossal amount of energy. The energy released in a hurricane's cloud and rain formation activity is equal to 200 times the worldwide electrical generating capacity, Landsea says. The world's electricity consumption (2008) is about 40,000,000 billion kwh or 40 quadrillion kwh or 4 million terawatt-hours.

The kinetic energy a hurricane possesses in the form of wind energy, NOAA says, is equal to about half the worldwide annual electrical generating capacity (about 10,130 billion kw). That's enough to electricity to power all of North Carolina for at least 73 years.

To harness this wind energy would require very strong turbines that not only could move along with the storm, but that also could connect to an equally strong and mobile transmission system. And it would not be one of your welcomed forms of renewable energy.

## Help for woodland owners in 5 counties

Woodland owners in Hertford, Bertie, Gates, Northampton and Halifax counties may be eligible for financial and professional help managing their forests. Three federal agencies recently selected Roanoke Electric Cooperative's Roanoke Center to administer the Sustainable Forestry and African American Land Retention Program. As a pilot site, the co-op received a \$425,000 grant to help minority forestland owners manage their property and generate income.

Roanoke Electric's CEO Curtis Wynn said, "We will assist landowners in planning and implementing forest management activities, including sustainable harvest of timber and non-timber forest products to increase forest-based revenues." He added that the program will help landowners to clear heirs' property status and work to enroll lands in conservation programs. The plan also is to explore new forest product markets, including biomass, biofuels and ecosystem services.

At least 150 moderate- to low-income landowners can learn about sustainable forestry and management plans to increase forest income streams.

Congressman G.K. Butterfield noted that, "This is not a giveaway. This is an investment in families, an investment in the very fabric and fiber of the community." He also noted past injustices related to federal agencies and African American landowners in the region.

Interested woodland owners may contact The Roanoke Center in Rich Square at (252) 539-4600. [Roanokecenter.org](http://Roanokecenter.org)

## Got renewable energy?

Co-op members interested in selling electricity to cooperatives can refer to the North Carolina Electric Membership Corporation website for information.

Prospective candidates may be eligible to sell electricity at standard or negotiated rates and conditions if they own qualifying generation such as wind, solar or hydroelectric that is interconnected directly to the electric grid of members of North Carolina Electric Membership Corporation.

For details, go to the "About Electricity/Renewable Energy" section of [ncelectriccooperatives.com](http://ncelectriccooperatives.com)



## Energy Efficiency Tip

When shopping for a new appliance, consider lifetime operation costs as well as the up-front purchase price. Refrigerators last an average of 12 years, clothes washers about 11, and dishwashers about 10. Check the Energy Guide label for the appliance's estimated yearly operating cost, and look for ENERGY STAR units, which usually exceed minimum federal standards for efficiency and quality. To learn more, visit [EnergySavers.gov](http://EnergySavers.gov)

Source: U.S. Department of Energy



# Try This!

## Cooling warm rooms

Window units and mini-split heat pumps both have good qualities

By Jim Dulley

Central air conditioners don't always cool all rooms adequately in a house. This is especially true for added rooms and for second-floor rooms. Cool air is denser than warm air, so it tends to drop to the first floor through cracks, gaps and the stairs. Also, second-floor ceilings are exposed to the hot underside of the roof and can stay warm well into the evening.

### Pros and cons

Whether you install a mini-split heat pump or a window air conditioner depends on what you want and need. Most people install a window air conditioner to provide extra cooling at a low initial cost. Energy efficiency is not the primary concern. Mini-split heat pumps offer more efficiency and bonus features (heating and cooling, quiet operation, flexible installation, and control), but they cost more upfront.

A window unit generally sells for less than \$300; mini-splits can run to more than \$1,000, plus the cost of installation. Also, unlike a window unit, mini-splits can't be moved once installed.

I have a two-story house with a central heat pump. I recently installed an LG Art Cool mini-split system for the master bedroom. I selected the smaller output 9,000 Btu per hour model, with a seasonal energy efficiency ratio (SEER) of 28 and inverter compressor technology—twice as efficient as the central heat pump. I chose the heat pump version so it can also heat efficiently during winter.

A window air conditioner has all its components—compressor, air

circulation fan, condenser fan, etc.—in the cabinet mounted in the window. Though it is insulated against heat flow and sound, it still is not ideal for energy efficiency. The newest ones are fairly quiet but still may be annoying in a bedroom at night.

A mini-split system is similar to a central air conditioner or heat pump, with the condenser fan, coils and compressor in an outdoor unit, which is flat and small. Some models allow the outdoor unit to be placed up to 100 feet from the room or group of rooms to be cooled or heated. This virtually eliminates noise coming indoors from these components.

Instead of having the indoor cooling coil in an air-duct system as with your existing central air conditioner, the coil is mounted in a fan unit on the wall or ceiling of the room. It's connected to the outdoor unit by refrigerant and electric lines.

Mini-split systems can also be used to cool an entire house by installing indoor wall units in several rooms. This is commonly done in houses that use baseboard electric or hydronic heat, which lack a duct system. Installing a duct system for central air-conditioning in an existing two-story house can be an expensive project.

In addition to the high SEER rating, installing a mini-split unit allows for zone cooling, which can also lower your electric bill.

### Newest trend

Inverter compressor technology is the newest and most efficient trend in air conditioning. The compressor runs




James Dulley

*The outdoor condenser/compressor unit of a mini-split system can be mounted high on a garage wall to provide clearance beneath it.*

at variable speeds to provide for variable cooling output. Once the room cools down to the thermostat setting, the inverter compressor speed slows to keep the room at that temperature. Its remote control includes a dehumidification setting for the summer, ideal for allergy sufferers who are sensitive to high humidity but don't want a cold room.

There also is a "jet" setting that switches either the heating or cooling mode output and fan speed to high for quickly changing the temperature. This feature conserves energy because you can turn it on only when you use the room. For more information, visit [energy.gov/energysaver/articles/ductless-mini-split-heat-pumps](http://energy.gov/energysaver/articles/ductless-mini-split-heat-pumps).

The following companies offer mini-split air conditioners/heat pumps: Carrier, (800) 227-7437, [carrier.com](http://carrier.com); Fujitsu General, (888) 888-3424, [fujitsugeneral.com](http://fujitsugeneral.com); LG, (888) 865-3026, [lg-dfs.com](http://lg-dfs.com); Mitsubishi Electric, (800) 433-4822, [mehvac.com](http://mehvac.com); and Samsung, (888) 699-4351, [quietside.com](http://quietside.com). 

Send inquiries to James Dulley, Carolina County, 6906 Royalgreen Dr., Cincinnati, OH 45244 or visit [dulley.com](http://dulley.com)

### Can you help others save energy?

Send your conservation ideas or questions to us: P.O. Box 27306, Raleigh, NC 27611, or E-mail: [editor@carolinacountry.com](mailto:editor@carolinacountry.com)



# Stealing electricity

Anyone who tries to steal electricity by rigging a meter commits a crime and endangers lives

You may have heard about someone who has tried to rig an electric meter to divert electricity to some other location. That person committed a crime. And whoever uses stolen electricity also commits a crime. If prosecuted, the crime can carry stiff fines and jail time.

North Carolina's electric cooperatives track down people who deliberately tamper with electric meters to steal electricity. Co-ops encounter cases in which consumers interfere with the operation of a meter or jump power to elsewhere to lower or avoid paying electric bills. Other cases involve attempts to reconnect to the electricity distribution system after a co-op performs a disconnection for some reason.

Meter tampering is not only a crime, it is also extremely dangerous.

"We've seen people do some dangerous things—using knives, forks, magnets, jumper cables, and any number of other objects to get around paying for the power they use," said Tommy C. Greer, director of Job Training and Safety at the North Carolina Association of Electric Cooperatives. "Not only are these persons stealing from their fellow co-op members, they're also risking their lives and those of our workers."

According to the Cooperative Research Network, a division of the National Rural Electric Cooperative Association, power surging through a compromised meter can cause an electrical catastrophe. A short circuit could produce an arc flash bright enough to cause blindness and powerful enough to launch fragments of red-hot debris like shrapnel. Meter tampering often causes serious injury or death from electrocution, explosion or fire.

Only trained electric cooperative personnel wearing personal protective equipment should work on meters, Greer said. "Anytime you get into a meter base, you run a risk. With an arc flash, somebody could get killed or seriously maimed."

Electricity theft is not a victimless crime. Your not-for-profit co-op loses revenue and spends time and money to investigate tampering. These costs are then passed on to the entire membership. National estimates vary, but The Washington Post cited revenue protection officials who claim between \$1 billion and \$10 billion worth of electricity is stolen from utilities annually.

## Quicker alerts

"It has been a problem for a number of years," said Dirk Burleson, vice president of member and corporate services for Rutherford EMC, the Touchstone Energy cooperative serving more than 67,000 member-accounts in 10



western North Carolina counties. "But since we installed the AMI system we discover it more often. The AMI system [advanced metering infrastructure] sends an alert anytime an account has an unexpected usage on which further investigation is required. Upon further investigation, if we find that meter tampering has occurred, then we immediately disconnect the account, require the individual to come into the office, and that individual is required to pay their balance down to zero. For the first offense, they are charged a \$250 meter tampering fee and the second offense brings a \$500 meter tampering fee. They also pay an additional security deposit. Based upon the circumstances, Rutherford EMC may prosecute the individual."

## Meter tampering is illegal in North Carolina

North Carolina law specifically prohibits altering, tampering with and bypassing electric meters. Persons found guilty are liable for triple the amount of losses and damages to the utility, or \$500, whichever is greater.


Anyone who uses power from an altered meter violates the same law. Both the person in whose name the meter is installed, and the persons using the electricity, may be liable.

It's also illegal for an unauthorized person to reconnect a meter after the utility has disconnected it.

It's also illegal to alter or remove a load management device that your utility has installed, unless you've asked the utility in writing to remove it and the utility has not removed it within two working days.

This law also applies to gas and water meters.

These activities do not apply to licensed contractors performing their usual services within recognized standards.

It's all in North Carolina General Statutes, Chapter 14, Subchapter VI, Article 22, Section 114–151.1. 

*This is the 11th in a series produced by the North Carolina Association of Electric Cooperatives.*

## What You Can Do

Everyone pays for lost power. Contact your cooperative if you suspect meter tampering in your community. All information can be given anonymously.



# The Rural Electric Youth Tour to Washington THEN & NOW

Since 1967, North Carolina's electric cooperatives have sponsored rising high school seniors on a week-long excursion in June to the nation's capital. The students and advisors visit historic sites, meet their congressional representatives, learn about cooperatives and make lasting friendships. To learn more, visit [Youthtour.coop](http://Youthtour.coop)



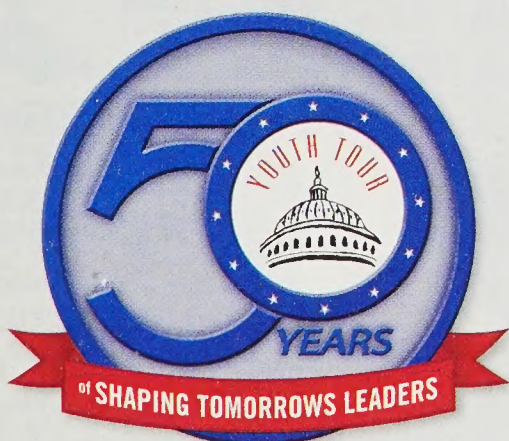
*Visiting the late Rep. Charlie Rose of Fayetteville in 1980, and Rep. Mike McIntyre of Lumberton in 2010. Elected in 1997, McIntyre succeeded Rose in Congress.*



*Posing on Capitol Hill in 1981 and 2009.*



*The Youth Tour visits the Vietnam War Memorial in 1989 and 2010.*





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**27 LED PORTABLE WORKLIGHT/FLASHLIGHT**

LOT NO. 67227/69567/60566

**SAVE 56%**

**\$259** REG. PRICE \$5.99

Item 67227 shown

Requires three AAA batteries (included).

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80938300

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**5 FT. 6" x 7 FT. 6" ALL PURPOSE WEATHER RESISTANT TARP**

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**SAVE 50%**

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Item 953 shown

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**1/2" PROFESSIONAL VARIABLE SPEED REVERSIBLE HAMMER DRILL**

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**WEIGHS 306 LBS. HIGH GLOSS FINISH!**

**SAVE \$290**

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**18 PIECE T-HANDLE BALL POINT AND HEX KEY WRENCH SET**

**PITTSBURGH**

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**SUPER COUPON!**

**CENTRAL PNEUMATIC 3 GALLON, 100 PSI OILLESS PANCAKE AIR COMPRESSOR**

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**SAVE 63%**

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**Bunker Hill Security® 36 LED SOLAR SECURITY LIGHT**

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**SAVE 28%**

**\$1799** REG. PRICE \$24.99

Item 69644 shown

Includes 3.2V, 600 mAh Li-ion battery pack.

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88004135

**SUPER COUPON!**

**90 AMP FLUX WIRE WELDER**

**CHICAGO ELECTRIC WELDING**

LOT NO. 68887/61207

**SAVE \$60**

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**3 PIECE DECORATIVE SOLAR LED LIGHTS**

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**SAVE 66%**

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Item 95588 shown

Includes three AA NiCd rechargeable batteries (one for each fixture).

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74115848

**SUPER COUPON!**

**CENTECH AUTOMATIC BATTERY FLOAT CHARGER**

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**SAVE 64%**

**\$499** REG. PRICE \$13.99

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**SUPER COUPON!**

**CENTRAL MACHINERY 5 SPEED DRILL PRESS**

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22992989



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LOT NO. 66619/60338/69381

Item 69381 shown

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75369384

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**MULTI-USE TRANSFER PUMP**

**PITTSBURGH**

LOT NO. 66418/61364

Item 66418 shown

**SAVE 64%**

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23087966

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**3 PIECE TITANIUM NITRIDE COATED HIGH SPEED STEEL STEP DRILLS**

**WARRIOR**

LOT NO. 91616/69087/60379

Item 91616 shown

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**\$7<sup>99</sup>** REG. PRICE \$19.99

62936694

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**16" x 30" STEEL SERVICE CART**

**US\*GENERAL**

LOT NO. 5107/60390

Item 5107 shown

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**\$27<sup>99</sup>** REG. PRICE \$44.99

97545336

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**1500 WATT DUAL TEMPERATURE HEAT GUN**

**(572°/1112°)**

**drillmaster**

LOT NO. 96289

Item 96289 shown

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82580051

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Item 97181 shown

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**HaulMaster**

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Item 97711 shown

Not for overhead lifting.

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LOT NO. 67212

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**12 VOLT MAGNETIC TOWING LIGHT KIT**

**HaulMaster**

LOT NO. 67455/69626/69925/96933

Item 67455 shown

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708325730

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**12 VOLT, 250 PSI AIR COMPRESSOR**

**CENTRAL PNEUMATIC**

LOT NO. 4077

Item 4077 shown

**SAVE 59%**

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92429881

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**6" DIGITAL CALIPER**

**PITTSBURGH**

LOT NO. 47257/61230

Item 47257 shown

Includes two 1.5V button cell batteries.

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42564528

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**9 PIECE FULLY POLISHED COMBINATION WRENCH SETS**

**SAE**

LOT NO. 42304/69043

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**\$5<sup>99</sup>** REG. PRICE \$14.99

79604657

**METRIC**

LOT NO. 42305/69044

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**45 WATT SOLAR PANEL KIT**

**THUNDERBOLT solar**

LOT NO. 68751/90599

Item 68751 shown

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**\$139<sup>99</sup>** REG. PRICE \$249.99

81064658

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**CENTRAL PNEUMATIC**

LOT NO. 93897/69265

Item 93897 shown

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**\$59<sup>99</sup>** REG. PRICE \$99.99

39165213

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**CAN AND OBD II PROFESSIONAL SCAN TOOL**

**CENTECH**

LOT NO. 60694/98614

Item 60694 shown

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**PORTABLE GARAGE**

**IFT**

LOT NO. 69039/68217/60727

Item 69039 shown

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**\$174<sup>99</sup>** REG. PRICE \$299.99

17850869

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**8-IN-1 SOCKET WRENCHES**

**SAE | METRIC**

LOT NO. 65498/60830 | LOT NO. 65497/60829

Item 65497 shown

**SAVE 53%**

**\$6<sup>99</sup>** REG. PRICE \$14.99

49208252

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# FIRST IN FORESTRY

Pioneers of American forest management got their start in western North Carolina

By Amy Ney, all photos courtesy of the Forest History Society, Durham, N.C.

North Carolina claims the first flight of Wilbur and Orville Wright on December 17, 1903, at Kitty Hawk. But an even earlier first is often overlooked—the very first forest management in North America occurred in western North Carolina.

In 1888 George Vanderbilt purchased 2,000 acres of land near Asheville. He named his estate “Biltmore” and imagined that the eroding farm fields and poorly cut woodland slopes then devoid of trees would someday be thick forests and lovely gardens. In

1895 he bought an additional 80,000 acres of land that stretched south of his Biltmore House and called this area Pisgah Forest (“pisgah” is Hebrew for summit). Eventually, his landholdings would equal 125,000 acres.

At this time, there were only two

trained foresters in America. Both had been trained in Europe, although one was an American (Gifford Pinchot) and the other was a German (Bernard Fernow). As a businessman, George Vanderbilt believed that a profit could be made from careful management of the forest, so he hired Pinchot in 1892 to manage his forestland under this philosophy. Gifford Pinchot implemented the first forest management plan for an American forest, using methods that would both improve the forest and provide a profit. Under Pinchot’s direction, crews reforested cut-over and eroded areas on the estate and selectively cut logs.

In 1895 Pinchot left Biltmore to do private consulting in New York. He became in 1898 chief of the recently-formed U.S. Division of Forestry (renamed the Bureau of Forestry in 1901). The management of our nation’s forest reserves was transferred in 1905 from the Department of the Interior to the Department of Agriculture. The name was changed to the USDA Forest Service, and Pinchot served as the first chief.

## Enter Carl Schenck

To replace Pinchot, Vanderbilt cabled Carl Alwin Schenck, a young forester in Germany, and asked if he would come to America to manage Biltmore and Pisgah Forest. Schenck arrived in 1895 faced with the monumental challenge of managing thousands of acres of eroding forestland with no assistance, no map, and no real knowledge of American trees or forests.

Schenck told Vanderbilt that “forestry was a problem of transportation



*The American Forestry Association was a strong advocate of establishing national forests in the Appalachian Mountains. Shown here is the entrance to North Carolina’s Pisgah National Forest in 1924. (U.S. Forest Service photo)*

*Three yoke of steers were required for “snaking” this huge log to the bank of Big Creek in Pisgah Forest on the Vanderbilt estate. The Schenck manuscript from which this image is drawn is from the collections of the Forest History Society in Durham.*





and that transportation was a problem of topography.” With this encouragement and connections with the North Carolina geologist of the U.S. Geological Survey, they completed in 1897 the first map made in the U.S. for the purpose of large-scale forest management.

Schenck began to take on apprentices to help him in his work on Vanderbilt’s forest. These early forest rangers continually badgered him with myriad

#### Want to go?

See evidence of many of the forestry firsts in western North Carolina:

- The Cradle of Forestry Historic Site in Pisgah National Forest near Brevard, the site of the first forestry school, houses a discovery center and outdoor trails with original buildings and interpretive signage. (828) 877-3130 or [cradleofforestry.com](http://cradleofforestry.com)
- The North Carolina Arboretum in Asheville, located on the Pisgah National Forest, is the home of gardens designed by Frederick Law Olmsted who was employed by Vanderbilt to beautify his property. [ncarboretum.org](http://ncarboretum.org)
- The Biltmore Estate includes 8,000 acres of Vanderbilt’s managed forest, gardens, and his 250-room house that is open for public viewing. [biltmore.com](http://biltmore.com)
- Closer to home, the North Carolina Forest Service maintains seven educational state forests located throughout the state which provide educational trails, exhibits and ranger-led programs. [ncsf.org](http://ncsf.org)
- Carl Schenck’s history: “Cradle of Forestry in America: The Biltmore Forest School, 1898–1913,” published by The Forest History Society and the Cradle of Forestry in America Interpretive Association, 1998. [foresthistory.org](http://foresthistory.org)

questions about the forest. Schenck recalled one of Pinchot’s recommendations about training the sons of lumbermen so they could go back, work for their fathers, and carry out some of this new forest management philosophy. So in 1898, Schenck established the Biltmore Forest School, the first forestry school in America, in the Pink Beds Valley near Brevard, Transylvania County. He taught during the day and, because there were no texts on American forestry, he wrote the textbooks for his courses in the evening.

The school consisted of a one-year program to train foresters to work in lumber companies. Class size was 25–40 students. Each student paid a fee, half of which went to Vanderbilt, and was required to provide his own horse. Schenck’s “boys,” as they were called, spent winters on the Biltmore Estate and summers in the Pink Beds. Their year of schooling included morning lectures, afternoon field work, an internship, and a thesis describing what they’d learned. Schenck personally taught the young men in all aspects of practical and textbook forestry. He emphasized not just preservation, but forest management practices that would assure continued production of saleable timber. This was sustainable forest management, which we practice today.


#### First out of the gate

As Schenck’s students were gathering forest data, they discovered that it would be easier if they could read the diameter of the tree with marks made on their axe handles. Thus, the Biltmore Stick was born. When rodents and small mammals foiled

**Left:** In summer 1905 in the Pink-bed Section of what is now the Pisgah-Croatan National Forest. At the time, the Biltmore Forest School operated under the direction of Carl Alwin Schenck (1868–1955) on George Vanderbilt’s Biltmore Estate. (U.S. Forest Service photo)

**Above:** A Vanderbilt party in 1901 scales the bluffs of Lookingglass Rock in Pisgah Forest on the Biltmore Estate with the help of rustic ladders. On top, George W. Vanderbilt; next to him, his friend and physician, Dr. S. W. Battle; next, Mrs. Edith Vanderbilt in her riding suit; lowest, Miss Marion Olmsted, daughter of the famous landscape architect Frederick Law Olmsted, Sr.

their attempt to regenerate local tree species by planting nuts and acorns, Schenck ordered white pine seedlings from Germany. Later, he began his own tree nursery to help replenish the forest with native seedlings, and he fertilized them with manure from his own barn.

The first forestry experiment at Biltmore led to the first forest management plan, the first forestry school, the first forest management map, and some of the first forestry textbooks, tools and techniques in North America. After Vanderbilt’s death, his widow, Edith, sold nearly 87,000 acres of Pisgah Forest to the federal government. Under the Weeks Act, this land became the basis for the first National Forest in the U.S. — Pisgah National Forest, created by President Woodrow Wilson on October 17, 1916. 

*A member of Haywood EMC, Amy Ney is a writer who lives in Canton and specializes in private land management.*





# The Quilt Trails of the Tar River

Traditional quilt block art marks significant places of the region

By Donna Campbell Smith

Now you can travel around the upper Tar River area of Franklin County and surrounding countryside and see art that marks the region's history, agriculture and scenic byways. The Quilt Trails of the Tar River, a project of the Franklin County Arts Council, displays quilt blocks on historic buildings and structures.

The trail is the only official quilt trail in eastern North Carolina.

Wake Electric, the Touchstone Energy cooperatives that serves the area, assisted the arts council in mounting some of the quilt blocks — those at a height that requires a bucket truck to reach. The first quilt block needing Wake Electric's assistance was for the Franklinton quilt block, "Wheel of Fortune," installed on the historic Old Bank Building downtown at Main and Mason streets.

Margaret Hilpert, FCAC board chairwoman, said, "Our quilt trail team cheered when we learned that Wake Electric had agreed to help us with the installation of our quilt blocks. From the start they demonstrated the cooperative community spirit that the Quilt Trail of the Tar River was created to encourage."

Award-winning artist Kim Young has volunteered much of the work painting the quilt patterns onto the wooden blocks. She is not a quilter herself, but says she has a great appreciation for the art and those who do it. "Being a part of this venture from the beginning and to see it finally become a reality is very exciting," she said.

Team leader and board member Charles Edward Powell explained what the arts council hopes the quilt trail will accomplish: "The quilt trail is patterned after the highly successful Quilt Trails of Western North Carolina. Quilt trails in other parts of the country always provide a tremendous



Tony Kearney, senior serviceman with Wake Electric, helped mount the block at the Old Bank in Franklinton.

tourist business to the host county and surrounding counties. Our quilt trail has a priority to bring tourists to the area to explore our rural heritage. Each block has a different story to tell about the owners and their location."

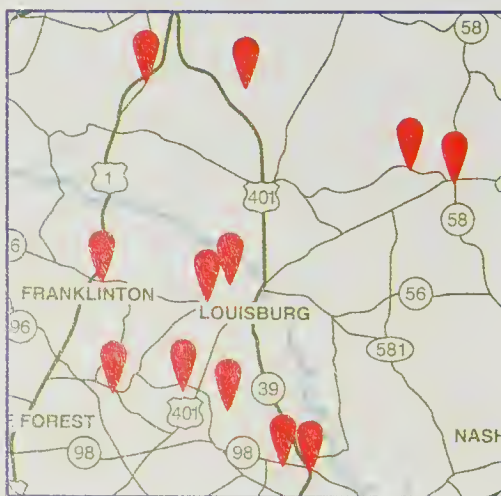
The blocks are square, wooden blocks sold in 2-by-2, 4-by-4 or 8-by-8-foot sizes and are painted with a single quilt block pattern. For an extra fee the quilt pattern can be painted directly onto a building.

Each block is featured in a map brochure and a booklet with the story behind the chosen blocks. "The Quilt Trails of the Tar River" guide marks the locations of authentic quilt blocks on the trail, and offers a history of the family or the building and the significance of the block pattern. The arts council's website also has a page devoted to the trail and a link to an application for those wishing to buy a quilt block and be added to the trail. ①

Donna Campbell Smith, a writer in Franklin County, is active with the Franklin County Arts Council.

**For more information**

E-mail [TRQuiltTrail@gmail.com](mailto:TRQuiltTrail@gmail.com) or go to [fcacarts.org](http://fcacarts.org)







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# Zucchini Mania!

Maybe it's everywhere in mid-summer, but it's also delicious, nutritious and versatile

By Carole Howell

Last year I planted only six zucchini seeds, but they grew faster than Jack's beanstalk. Anyone who has invited the bountiful zucchini into their garden knows that this vegetable seems to mature faster than you can harvest it. It's no wonder that August 8 is celebrated each year as "Sneak Some Zucchini Onto Your Neighbor's Porch Day."

As I filled my own crisper and freezer, carried them to work in grocery bags, and offered them to every neighbor walking by, I still struggled to find creative ways to use them.

Zucchini is abundant, delicious and nutritious, so it's a must for any summer garden. Just a few plants will give you plenty to both enjoy and share, and one large zucchini will make several meals.

It's a good thing that zucchini is so prolific, because it's so versatile. You can fry it, stuff it, grill it, bake it, add it to soups, spaghetti sauce and meat-loaf. You can make sweet breads, cakes and cookies with it. You can make salads, or simply add it raw to a vegetable tray. Best of all, you can freeze it and enjoy it all winter long.

*Carole Howell is a writer in Lincolnton and a member of Rutherford EMC. Visit her website at [walkerbranchwrites.com](http://walkerbranchwrites.com)*

## Zucchini Salad

*Makes a great light meal all by itself or a great side dish. It's especially good as a side with beans and cornbread.*

- 2 medium zucchini
- 1 medium red onion
- 1 cup red bell pepper
- ½ cup green bell pepper
- ½ cup roasted unsalted peanuts
- 3 tablespoons sweet pickle relish
- ⅔ cup vegetable oil
- ⅔ cup cider or balsamic vinegar
- ⅓ cup sugar
- 1 teaspoon salt
- ½ teaspoon black pepper

Chop the first four ingredients and add peanuts and relish.

Mix and add the remaining ingredients and place all in a gallon-size storage bag. Mix well. Allow the salad to marinate in the refrigerator at least one hour or overnight. Serve with a slotted spoon. Makes six generous servings.

## Moist Zucchini Cake

*You'd never suspect that a vegetable could make such a tasty treat!*

- 2 cups of finely grated zucchini
- 1 cup vegetable oil
- 1½ cups sugar
- ½ cup brown sugar
- 2 eggs
- 1 teaspoon vanilla extract
- 2½ cups self-rising flour
- 2 teaspoons ground cinnamon
- ½ teaspoon salt
- 1 can (8 ounces) crushed pineapple, drained
- 1 cup chopped pecans

Preheat oven to 350 degrees. In a large bowl combine the oil, sugar, brown sugar, vanilla, salt, cinnamon and eggs. Add flour slowly and mix well. Add zucchini, drained pineapple and pecans. Pour into greased 13-by-9-inch baking pan.

Bake at 350 for 45-55 minutes or until dark golden brown and cake springs back when lightly touched. Allow to cool before frosting. Store in refrigerator.

## Cream Cheese Frosting

- 1 package (8 ounces) of cream cheese, softened
- ½ cup butter, softened
- 2 cups confectioner's sugar
- 2 teaspoons vanilla extract

Cream butter and cream cheese until well blended. Add confectioner's sugar a little at a time. Add vanilla flavoring. Spread over cooled cake.





# Heat illnesses

## *How to recognize and treat heat-related conditions*

With summer comes lots of fun outdoor activities—whether you're playing baseball, gardening or lying by the pool. No matter your sun-soaked activity of choice, keep heat stress at bay—by knowing how to prevent heat-related illnesses and recognize the symptoms in yourself and others.

### Heat stroke

The most serious of heat illnesses, heat stroke, can be deadly and swift. Your body temperature could rise to 106 degrees Fahrenheit or more in as little as 10 to 15 minutes. Heat stroke happens when your body temperature rises rapidly but cannot sweat quickly enough to cool itself. Symptoms include hot, dry skin or the opposite—profuse sweating, hallucinations, chills, throbbing headache, confusion or dizziness, and slurred speech.

If you see someone with the symptoms of heat stroke, immediately call 911 and move the person to a shady area. Try misting the person with cold water, soaking his or her clothes, or fanning the body.

### Heat exhaustion

Heat exhaustion is the result of heavy sweating—extreme loss of salt and water. People prone to heat exhaustion include the elderly, those with high blood pressure, or people who work in hot conditions. Besides excessive sweating, symptoms include extreme weakness or fatigue, dizziness and confusion, nausea, clammy skin, muscle cramps and shallow, rapid breathing.

If a person suffers from heat exhaustion, move him or her to a shaded or air-conditioned area. The victim should drink cool—non-alcoholic—beverages and take a cool shower or bath.

### Heat syncope

Sun-bathers may be prone to heat syncope, which is dizziness or fainting after lying (or standing) for long periods of time. Dehydration can contribute to an episode of heat syncope, so



*When working or playing outside in the hot sun, be alert for signs of heat illnesses like heat stroke or heat exhaustion.*

keep that water bottle handy when you head to the beach.

If you feel dizzy after lying for a long time, sit or lie back down in a cool place and sip on a cool beverage—water, sports drinks or clear juice.


### Heat cramps

Folks who work or play sports outside in the heat may suffer from heat cramps, which result from low salt levels after heavy sweating. Stay alert if you feel cramping because it could be a symptom of heat exhaustion. Heat cramps usually are felt in the arms, legs or abdomen.

If you feel them, stop what you're doing, sit in a cool place, and drink clear juice or a sports beverage. Take it

easy for a few hours after you no longer feel the cramps—if you return to your activity, the condition could transition to heat exhaustion or heat stroke. If you have heart problems, are on a low-sodium diet, or the cramps do not go away in an hour, call a doctor.

### Heat rash

Heavy sweating can cause a heat rash during hot, humid weather. It looks like a red cluster of pimples or small blisters that usually pop up on the neck or chest, groin and in the crook of your elbow. You can't do much to treat heat rash besides keep the area dry and use baby powder to alleviate discomfort. 

*Source: U.S. Centers for Disease Control*



# Savings options for education expenses

*Preparing now will help you handle college costs later*

By Doreen Friel

While you may not be able to avoid the “Mom, can I borrow \$20 for gas?” questions that eat into your budget as your child grows up, there’s one thing you can do to help yourself and your children get ready for tomorrow’s financial demands: Prepare for college expenses now.

Two-thirds of 2011 college graduates had an average of \$26,600 in student loan debt, according to the Institute for College Access & Success. No matter how young or old your children are, consider these options to financially prepare now.

## Start a regular savings account for college

Both you and your children can contribute to this account, and your relatives can give you or your children money to deposit as well. You can easily set up an account at your local bank or credit union, or through an online bank.

## Start a 529 savings plan

Section 529 education savings plans are operated by a state or educational institution and designed to help families set aside money for future college costs. The money is controlled by the owner of the account, not the child. Contributions can be as low as \$25. North Carolina’s National College Savings Program 529 plan is open to residents of any state, with distinct advantages to North Carolinians. The earnings of an account in North Carolina’s NC 529 plan are free from federal taxes and, for North Carolina residents, from North Carolina income taxes, as long as the college savings are



*Planning well in advance for college expenses can help alleviate the burden of student loan debt.*

used for “qualified higher education expenses,” such as tuition and required equipment. There’s an additional tax benefit for North Carolina taxpayers as well. State taxpayers contributing to the plan may be eligible for an annual state tax deduction. For more information or to enroll in the NC 529 plan, you can request an enrollment kit at (800) 600-3453 or visit [cfnc.org/NC529](http://cfnc.org/NC529).

## Open a Coverdell education savings account

This is a custodial account that can be used to save for elementary and secondary school, and college-related expenses. Income maximums apply, so not everyone will qualify for this type of account. The money deposited into a Coverdell account grows tax-deferred until it is used for educational expenses. Withdrawals from the account may be tax-free if used for tuition, fees, books and other expenses. Any money not used for education eventually must be distributed to your child.

## Open a UTMA

This acronym stands for Uniform Transfer to Minors Account. Under this, a parent or grandparent typically

will gift money to the account. The money is owned by the child but controlled by the custodian until the child reaches the age of majority, which is set by state law. In North Carolina, it is 21. At that point, the child assumes control of the account. Like all options, it has its pros and cons. How the money is used is not restricted, a possible disadvantage if she or he decides not to go to college or isn’t sufficiently mature to handle money. For more information, consult with an independent legal or financial advisor.

## Buy U.S. savings bonds

Certain savings bonds can be purchased to pay for college tuition and fees without having to pay federal income tax on some or all of the interest during the year the bonds are redeemed. Certain restrictions apply—learn more at [TreasuryDirect.gov](http://TreasuryDirect.gov).

For more help—including the tax ramifications of these options—consult a financial or tax professional. ☺

*Doreen Friel is a marketing communications consultant who produces materials for the National Rural Electric Cooperative Association.*



# When babies graduate to solid foods

*Look for healthy options as you expand your baby's diet*

One of the milestones in a child's life is graduating to solid foods. But how do you know if your little one is ready? And what foods should they be eating? Here's what you need to know.

## Ready for solid foods?

The American Academy of Pediatrics (AAP) says each child's readiness for solid foods depends on his or her rate of development. To determine if your baby is ready, ask yourself:

- Can your baby hold his or her head up with good control?
- Does he or she open his or her mouth when you offer food?
- Can he or she move food from a spoon into the back of the mouth to enable swallowing?

Most children are ready for solid foods when they can accomplish these tasks and have doubled their birth weight. This generally occurs by six months of age, but consult your pediatrician if you have any questions or concerns.

## One food at a time

Parents typically start by introducing soft and pureed foods, expanding their child's diet gradually. The AAP recommends giving one new food at a time and waiting a couple of days before adding another. If any allergic reactions occur, such as diarrhea, rash or vomiting, stop the new food and talk with your pediatrician.

Within a few months of introducing solid and pureed foods, a baby's diet should include a variety of foods, such as:

- Breast milk and/or formula
- Meats
- Fruits and vegetables
- Eggs
- Fish



Getty Images

*When your child graduates to finger foods, serve nutritious foods such as mashed sweet potatoes or peaches cut in small pieces.*

## Finger food ideas

Once your child can sit up and bring hands and objects to mouth, you can offer finger foods. Make sure food is cut into small pieces and easy to swallow. A good option is breakfast cereal. Post brand Sesame Street Cereal is among cereals specifically formulated to melt in your child's mouth for safe consumption. Learn more at [postfoods.com](http://postfoods.com).

When purchasing finger foods, make sure you're providing nutrients toddlers need. "I always focus on nutritional benefits when buying foods for my two little ones," says Dr. Roshini Raj, a physician. "Specifically, check for

whole grains and fortification of nutrients like choline, iron and zinc that help with brain development."

Other ideas include:

- Banana, peach, plum and avocado pieces
- Small pieces of cucumber
- Cooked and mashed sweet potato, squash and peas
- Scrambled eggs
- Cooked elbow pasta with marinara sauce
- Cooked and finely chopped chicken or fish

—Family Features.com



# Our mad plaid state shell

*It's rare, but it's there on our shores*

*By Kevin G. McCabe*

There's one aggressive shell that lives off our coast you would certainly fear if he was your undersea neighbor. His name is the Scotch Bonnet, and he packs quite a punch! This snail-like creature weighs in at just a few ounces and averages only 2 to 4 inches in length. But don't let his small size fool you. This contender enjoys living in depths up to 300 feet and actually prefers the swift currents of our coastal waters.

If all this talk about his feisty reputation has you trembling, wait: It gets worse. Like something from an old black-and-white horror movie, this dastardly gastropod uses sulfuric acid to dissolve the shells of his prey as he slowly devours them. Sand dollars and sea urchins are among his favorite victims. Perhaps it's time to say something nice about our North Carolina state seashell.

In 1965, state Rep. Moncie Daniels, from Dare County, introduced legislation to name the Scotch Bonnet as the official seashell of North Carolina. Living up to his reputation, the shell had to fight his way into this part of our state's history. Because it's so hard to find, many people felt the shell was too rare to justify such distinction. But after a small battle, the Scotch Bonnet won out again. North Carolina was actually the very first U.S. state to adopt a seashell as a state symbol.

## Why Scotch?

The Scotch Bonnet has always been prized for its beautiful color and exotic shape. It was first recognized in 1778 by an Austrian, Ignaz von Born. Many other reputable folks studied the shell throughout the years. They said the shell's shape resembles the Tam o'Shanter, a brimless bonnet cap worn by the early Scottish. The plaid patchwork of stripes that adorns a freshly found Scotch Bonnet would also have found its way into the name. One thing is definite: Scottish descendants and settlers were a dominant population in colonial North Carolina. What better tribute could a noble clan of people



*I found this one on the beach after a storm. Remember: Don't take live shells; toss them back.*

hope for than having their name associated with a perfect shell?

## Predators

Though we have given the Scotch Bonnet a gracious seat, there are a few predators he must fear. The mighty stone crab that lives well off our coast has crushing claws that are no match for the Scotch Bonnet. Blue crabs are also a threat, though the thick outer lip of the Bonnet's shell does provide protection. Another foe is the ocean itself. Massive winter storms sometimes send Scotch Bonnets to the beach by the hundreds where gulls pick at them with vengeance.

Although the shell lives in our coastal waters all the way to Brazil — and are welcomed as a delicacy in

some countries — you should consider yourself lucky to find a perfect Scotch Bonnet. They are a rare visitor to our coast unless a winter storm delivers them to the shore. If you do find one, be sure to examine thoroughly the interior. There's another sea creature that uses a vacant Scotch Bonnet's shell as his home. It's the hermit crab. He too has a wonderful story worthy of being told. Go ahead and toss him back, but keep your eyes open. There's a Scotch Bonnet in your future if you're walking the magnificent beaches of North Carolina. ①

*A resident of Buxton and member of Cape Hatteras Electric Cooperative, Kevin McCabe fishes and combs the beaches on a regular basis. In winter, he writes.*



## WHERE IN CAROLINA COUNTRY IS THIS?

This is a Carolina Country scene in Touchstone Energy territory. If you know where it is, send your answer by July 9 with your name, address and the name of your electric cooperative.

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*Multiple entries from the same person will be disqualified.*

The winner, chosen at random and announced in our August issue, will receive \$25. To see the answer before you get your August magazine, go to "Where Is This?" on our website carolinacountry.com



### June winner

Even though it was kind of a trick question, the June magazine's "Where Is This?" picture by Renee Gannon set a new record for correct answer entries with more than 700 coming in from all over the state. The vintage police cruiser similar to the one from "The Andy Griffith Show" is not in Mount Airy, nor outside Wilson, as a few of you thought. It's along Hwy. 74 East (West Roosevelt Bld.) near Monroe, Union County. It's next to the Bob Mayberry Hyundai dealership and near the DMV office. The winning entry, chosen at random from all correct submissions, was from Georgina Gallimore of Monroe, a member of Union Power Cooperative.



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My mother, Colleen, took this photo July 5, 1961, showing my dad, Steve "Buck" Belk, and the hermit, Robert Harrill.

## The Fort Fisher Hermit

My parents used to take my brother and me to Carolina Beach in the summer. We looked forward to visiting Fort Fisher and having Daddy point out to us where the mysterious "hermit" used to live. We always wished we had seen him, but he had passed away. To us kids, the Civil War museum was fun, but there was just something really intriguing about the thought of a real hermit having lived nearby.

We lost my dad unexpectedly last year and are left with an emptiness time can never fill. However, I can look forward to visiting Fort Fisher soon with my children and sharing my memories of "Tater Buck" and the hermit.

*Sara B. Holloway, Woodleaf, EnergyUnited*

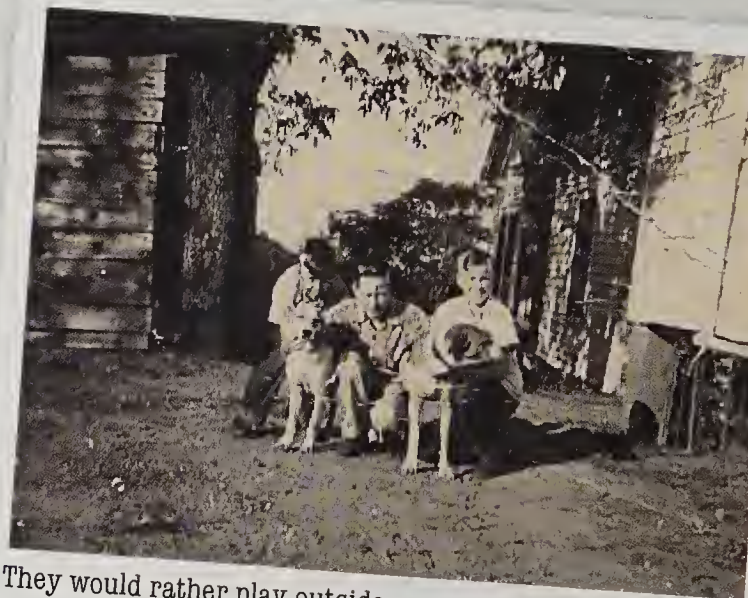
## The Chevy's cargo

From the mid-1950s to mid-1960s, my family vacationed in Massachusetts each summer. On the Friday before the week of the fourth of July, we would head out from Statesville for our 24-hour-straight road trip. Since my dad had worked 40 hours that week, he would sleep on the way. One summer, we had a 1960 Chevy that had a huge trunk. He decided to make a "bed" in the back and sleep through the night in the trunk.

All went well until we stopped for gas. When the gas attendant put gas into the car, he slowly stepped up to my mom's car window and said, "Lady, do you know you have a man in your trunk?"

My how things have changed. No more gas attendants to pump your gas for you. And no seatbelts in the trunk of the car. I don't know why we weren't informed about carbon monoxide back then!

*Marilyn Baker, Statesville, EnergyUnited*



They would rather play outside.

## Tibett and friends

The little guy on the right is my husband now. Tibett was 7 or 8 in this photo, about 1940. His brother Garrett is on the far left, and their friend Richard in the middle. These were neighborhood dogs they were playing with. They would rather be playing outside all the time, not like the kids of today with their cell phones, electronics, computers. They didn't even own a radio. If they wanted to listen to a story on the radio, they had to go to a neighbor's house.

It's possible that children were much healthier mentally and physically then, and probably didn't get into as much trouble as youths today.

That little guy on the right finished high school, went into the Navy and went through four years of college. He became an electrical engineer. He was determined, and he succeeded.

*Shirley Meeks, Asheboro, Randolph EMC*

## SEND US YOUR

## Memories

We'll pay \$50 for those we publish in the magazine. We can put even more on our Internet sites, but can't pay for them. (If you don't want them on the Internet, let us know.)

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It was worth all the hard work it took to buy it.

## How I bought my first car

In the summer of 1955, I worked in tobacco. But my uncle also hired me and my first cousin Gene Benoist to help him when he started building a new store for what was then Outside Furniture Company. We had to dig the foundation for the building — 100 feet long, 80 feet wide and 2 feet deep. It had to be done by hand with a shovel. We didn't have a backhoe. So it took a lot of time. After we finished, they came in and poured cement and started to lay the blocks for the walls.

Then we were told to start digging the hole for the septic tank and drain field, again all by hand. We dug down in very good sand about a foot, then we hit red clay hard as a rock. The hole had to be about 7 feet deep, 10 feet wide, and 15 feet long. We got paid 75 cent an hour. I saved two-thirds of it to buy my first car.

Then in the summer of 1956, I worked in tobacco again, but I also sold watermelons and other produce on the weekends door-to-door in East Rockingham and parts of Hamlet. I don't remember what I made that summer, but I saved two-thirds of it to pay for the car.

*Howard Richardson, Rockingham, Pee Dee EMC*

## Counting your chickens

As children of a farmer you have a lot of responsibilities. My best friend's little brother Jon was returning from the market with a crate of chickens his daddy entrusted to him, when all of a sudden the box fell and broke open. Chickens scurried off in different directions, but Jon, determined as he was, walked all over the neighbors' yards scooping up the wayward birds and putting them back into the crate. Hoping he had found them all, he returned home expecting the worst.

"Pa, the chickens got loose," he confessed. "But I found all 12 of them."

His daddy nodded. "Well, you did real good, son, considering you left with seven."

*Annie Chisenhall, Newport, Carteret-Craven Electric*

## Picking cotton

For half a dozen years, my mother, younger sisters and I worked in the cotton fields, in fields that were our responsibility and those belonging to other farmers. Picking was bloody on the fingers and backbreaking, especially since my mother could pick 100 pounds a day. (Her sister-in-law could pick 300 pounds any day.) We hired out for three cents per pound and, at the end of the season, sometimes four cents. In our town, school was cancelled during cotton-picking season because farmers would be angry if they didn't have help. So we started school, took a break, and returned after the crop was in.

One year we planted seeds that produced cotton stalks higher than our heads. The leaves were large and shielded long worms that produced painful stings when we reached inside the plants to pluck the cotton from the bolls. We really hated that year.

Another year, in another place, the weather made it impossible to finish picking the cotton early, so we were still in the fields when really cold weather made the picking miserable. Eventually, Mother told us to pull off the whole bolls and put them in our sacks. We pulled out the cotton in front of the fireplace and warmed ourselves before returning for more bolls.

*Richard Culyer, Hartsville, S.C., Pee Dee Electric EMC*

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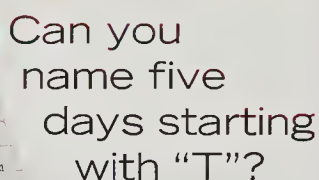
## Late Night Thoughts



Why is it that if you settle down  
you rest up, but if you settle up  
your bank account goes down?

				4
B	O	A	R	D

## NAME THE DAYS



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A

Solve these two multiplication problems and write your answers in the box tops, one digit to each box. Then match boxes to find the two missing words in your answers.

Frogsboro is "a populated place in Caswell County NC," to quote Google. Just how populated I was unable to ascertain when I drove up there recently. There was no one around to ask at the Old Lea Bethel Baptist Church, just across Roxboro Lake Road from the Frogsboro road sign. Not another building was in sight.

I say "up there" advisedly. Caswell adjoins the Virginia state line. This is a beautiful part of North Carolina. Strawberries were being harvested and sold along both sides of surrounding roads.

Just where is Frogsboro? Well, it is about five miles from Topnot (not Topknot), about 11 miles from Kindful Acres, 12 miles from Berryland, 12 miles from Larry Hall, and 12½ miles from Ai (in Person County). That is all I know about Ai, but I intend to learn more soon on another trip "by the wayside."

Since returning home I have been in contact with Phillip Wade, a "stringer" for The Caswell Messenger and a lifelong resident of Frogsboro, like his parents and grandparents before him. Phillip, now in his 60s, says he never writes any bad news about Frogsboro, such as who has gotten a speeding ticket. He says he doesn't know why Frogsboro is named Frogsboro. He never thought to ask. Apparently everyone who once knew has long since croaked.





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## Loose Saggy Neck Skin – Can Any Cream Cure Turkey Neck?

**DEAR DORRIS:** I'm a woman who is 64 years young who suffers from really loose skin under my chin and on my lower neck.



I hate the term, but my grandkids say I have "turkey neck" and frankly, I've had enough of it! I have tried some creams designed to help tighten and firm that loose, saggy skin, but they did not work. Is there any cream out there that Might help my loose neck skin?

*Turkey Neck, Winston-Salem, NC*

**DEAR TURKEY-NECK:** In fact, there is a very potent cream on the market that is designed to firm, tighten and invigorate skin cells on the neck area. It is called the **Dermagist Neck Restoration Cream**.

This cream contains an instant-effect ingredient that aims to tighten the skin naturally, as well as deep-moisturizing ingredients aiming to firm the skin and make it more supple. Amazingly, the Dermagist Neck Restoration Cream also has Stem Cells taken from Malus Domestica, a special apple from Switzerland.

These apple stem cells target your skin's aging cells, and strive to bring back their youthful firmness, and elasticity. As an alternative to the scary surgeries or face lifts that many people resort to, this cream has the potential to deliver a big punch to the loose saggy skin of the neck. **The Dermagist Neck Restoration Cream is available online at Dermagist.com** or you can order or learn more by calling toll-free, **888-771-5355**. Oh, I almost forgot... I was given a promo code when I placed my order that gave me 10% off. The code was "NCN10". It's worth a try to see if it still works.



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# July Events

## Mountains (west of I-77)

### Hominy Valley Singing

July 1–6, Candler  
(828) 667-8502  
primitivequartet.com

### Box Car Derby

July 4, Rutherfordton  
(828) 287-6113  
rutherfordtown.com

### Historical July 4th

Hickory Ridge Living History Museum  
July 4, Boone  
(828) 264-2120  
hickoryridgemuseum.com

### Celebration On Wilson Creek

Music, food, farmer's market  
July 5, Wilson Creek  
(828) 759-0005  
explorecaldwell.com

### Art Walk

July 5, Murphy  
(828) 494-7403  
valleyriverarts.com

### Antique Car Show & Classic Car Auction

July 5–6, Asheville  
(828) 926-7849  
mountaineerantiqueautoclub.com

### Stop! Drop! & Roll! 5K

July 6, Boone  
(828) 262-6314  
active.com

### Christmas in July

July 6, West Jefferson  
(336) 846-9196  
christmasinjuly.info

### Freedom Arts & Crafts Show

July 6–7, Lake Junaluska  
(828) 648-0500  
www.bracaorg.com

### 4th Of July Festival

July 6–7, Blowing Rock  
(828) 295-5222  
blowingrock.com

### Thriller

Dance musical  
July 6–14, Blowing Rock  
(828) 414-1844  
ensemblestage.com

### Highland Games

July 11–14, Linville  
(828) 733-1333  
gmhg.org

### MusicFest

Doyle Lawson & Quicksilver, others  
July 12–13, Sugar Grove  
(828) 297-2200

### Art In The Park Weekend

July 12–14, Blowing Rock  
(828) 295-7851  
blowingrock.com

### Blackberry Festival

July 13, Lenoir  
(828) 726-0616  
caldwellcochamber.org

### Truck & Tractor Pull

July 13, Taylorsville  
(828) 632-5690

### Treating "The Four Humors"

18th century medicine  
July 13, Weaverville  
(828) 645-6706  
2ndsaturdaysnc.com

### Author Ann Ross

At Thomas Wolfe Memorial  
July 13, Asheville  
(828) 253-8304  
2ndsaturdaysnc.com

### Fabric & Fiber Arts Festival

At Horne Creek  
July 13, Pinnacle  
(336) 325-2298  
2ndsaturdaysnc.com

### Faith & Freedom

African American churches, concert  
July 13, Old Fort  
(828) 668-9259  
mountaingatewaymuseum.org



*Hot Nights, Hot Cars in Pilot Mountain features live beach music, food and cold beverages. The family-oriented cruise-in is held the first Saturday of each month through October. (336) 368-2541 or hotnightshotcars.com*

### Charity Horse Show

July 23–28, Blowing Rock  
(828) 295-4700  
blowingrockhorses.com

### Symphony By The Lake

July 26, Blowing Rock  
(828) 295-7851

### Quilt Show

July 26–27, Sparta  
(336) 905-0541  
allegghanyquiltersguild.com

### Mountain Grill Masters Cook-Off

July 27, Hayesville  
(828) 389-3704  
ncmtncchamber.com

### Tour Of Homes

July 26, Blowing Rock  
(828) 295-7323  
stmaryofthehills.org

### High Country Pet Fest

July 26–27, Banner Elk  
(828) 898-5625  
highcountrypetfest.com

### The Grandfather Campout

July 26–28, Linville  
(828) 733-4326  
grandfather.com

### Wild Mushroom Walk

July 27, Chimney Rock State Park  
(800) 277-9611  
chimneyrockpark.com

### Charity Horse Show

July 30–Aug. 4, Blowing Rock  
(828) 295-4700  
blowingrockhorses.com

## ONGOING

### Mindgame

Psychological thriller  
July 6–14, Blowing Rock  
(828) 414-1844  
ensemblestage.com

### Appalachian Summer Festival

July 8–Aug. 1, Boone  
(800) 841-2787  
appsummer.org

### A Bench In The Sun

Comedy about retirees  
July 27–Aug. 4, Blowing Rock  
(828) 414-1844  
ensemblestage.com

### Street Dance

Monday nights, Hendersonville  
(828) 693-9708  
historichendersonville.org

### Guided House Tours

Wednesday–Saturdays, Marion  
(828) 724-4948  
historiccarsonhouse.com

### Bluegrass Music Jam

Thursdays, Marion  
(828) 652-2215

### Hot Nights, Hot Cars

Cars, beach band  
First Saturdays, Pilot Mountain  
(336) 368-2541  
hotnightshotcars.com

### Horn In The West

Outdoor drama  
Through Aug. 17, Boone  
(828) 264-2120  
horninthewest.com



## Listing

### Deadlines:

For Sept.: July 25

For Oct.: Aug. 25

### Submit Listings Online:

Visit [carolinacountry.com](http://carolinacountry.com) and click "Carolina Adventures" to add your event to the magazine and/or our website. Or e-mail [events@carolinacountry.com](mailto:events@carolinacountry.com).



**Cruise In**

Second Saturdays  
Through Sept. 14, Dobson  
(336) 648-2309  
Facebook—Dobson Cruise In

**Live Bluegrass Music**

Friday nights  
Through Dec. 26, Union Mills  
(828) 748-7956  
unionmillslearningcenter.org

**Piedmont** (between I-77 & I-95)**Independence Day**

July 1, Fayetteville  
(910) 433-1547  
ncsymphony.org

**Fireworks Celebration**

July 4, Halifax  
(252) 583-6571

**Parade & Celebration**

July 4, Mount Airy  
(336) 786-4511  
mountairydowntown.org

**Concert & Fireworks**

July 4, Fayetteville  
(910) 433-1547  
fcpr.us

**July 4th Celebration**

July 4, Hope Mills  
(910) 424-4500  
townofhopemills.com

**Independence Day Celebration**

July 4, Henderson  
(866) 438-4565  
kerrlake-nc.com

**Old Fashioned Fourth Celebration**

July 4, Raleigh  
(919) 833-3431  
joellane.org

**Swamp Dogs July 4th Celebration**

July 4, Fayetteville  
(910) 426-5900  
goswampdogs.com

**Red, White & Freedom**

Live music & fireworks  
July 4, Gastonia  
(704) 524-5457  
gastoniajuly4th.com

**ESPN Boxing: Night With Olympians**

July 5, Fayetteville  
(910) 438-4100  
crowncoliseum.com

**Oldies, Rock & Blues Music**

July 5 & 19, Hope Mills  
(910) 426-4109  
visitfayettevillenc.com

**Preschool Pals**

July 9, Fayetteville  
(910) 486-1330  
museumofthecapefear.ncdcr.gov

**Outdoor Cinema Series**

July 10, 20 & 24, Cornelius  
(704) 896-2460  
cornelius.org/parc

**Montgomery Gentry Concert**

July 12, Fayetteville  
(910) 438-4100  
crowncoliseum.com

**Wine, Women & Chocolate**

July 13, Roxboro  
(336) 599-8333  
roxboronc.com

**Wild Life!**

Learn about and see animals  
July 13, Belmont  
(704) 825-4490  
dsbg.org

**Summer Fun**

Alamance Battleground  
July 13, Burlington  
(336) 227-4785  
2ndsaturdaysnc.com

**Celebrating Dr. Coe's Birthday**

N.C. Archaeology Celebration  
July 13, Mount Gilead  
(910) 439-6802  
2ndsaturdaysnc.com

**Oven Construction At Fort Dobbs**

July 13, Statesville  
(704) 873-5882  
2ndsaturdaysnc.com

**Jubilee at Historic Stagville**

African-American influences on music  
July 13, Durham  
(919) 620-0120  
2ndsaturdaysnc.com

**Pork, Peanuts & Pickles**

Cooking demos at Duke Homestead  
July 13, Durham  
(919) 477-5498  
2ndsaturdaysnc.com

**Photography Workshop**

July 13, Raleigh  
(919) 733-4994  
2ndsaturdaysnc.com

**Art By Design**

NC Transportation Museum  
July 13, Spencer  
(704) 636-2889  
2ndsaturdaysnc.com

**Gem & Mineral Show**

July 13, Midland  
(704) 721-4653  
2ndsaturdaysnc.com

**African Heritage Day**

July 13, Gibsonville  
(336) 449-4846  
2ndsaturdaysnc.com

**Summertime Fun**

Bentonville Battlefield  
July 13, Four Oaks  
(910) 594-0789  
2ndsaturdaysnc.com

**Saturday Morning At SECCA**

July 13, Winston-Salem  
(336) 725-1904  
2ndsaturdaysnc.com

**Revolutionary War Medicine**

July 13, Sanford  
(910) 947-2051  
2ndsaturdaysnc.com

**Summer Arts Fest**

July 13, Fayetteville  
(910) 486-1330  
museumofthecapefear.ncdcr.gov

**Catawba Valley Pottery Program**

July 13, Pineville  
(704) 889-7145  
2ndsaturdaysnc.com

**Fayetteville After 5**

July 19, Fayetteville  
(910) 323-1934  
maydogwoodfestival.com

**Fame, Jr.**

Musical about students  
July 19–20, Fayetteville  
(910) 6778-7186  
crowncoliseum.com

**Cool Cars & Rods Cruise-In**

July 20, Mount Airy  
(336) 786-4511  
mountairydowntown.org

**Lumbee River Day Festival**

July 20, Lumberton  
(910) 618-6626

**Bluegrass Music In The Park**

July 20, Millingport Community  
(980) 581-1931  
littlecreekmusicpark.com

**Movie Night At The Beach**

July 20, Fayetteville  
(910) 396-5979  
fortbraggmwr.com

**Monday At Market House Museum**

Early Fraternal History  
July 22, Fayetteville  
(910) 433-1457  
fcpr.us/transportation\_museum.aspx

**ONGOING****Outdoor Films**

N.C. Museum of Art  
Fridays & Saturdays, Raleigh  
(919) 664-6795  
ncartmuseum.org

**Maness Pottery & Music Barn**

Dinner, music, fellowship  
Tuesday nights, Midway  
(910) 948-4897  
liveatclydes.com

**Durham Civil War Roundtable**

Third Thursdays, Durham  
(919) 643-0466

**Art After Hours**

Second Fridays, Wake Forest  
(919) 570-0765  
sunflowerstudiowf.com

**Betty Lynn (Thelma Lou)**

Andy Griffith Museum  
Third Fridays, Mount Airy  
(336) 786-7998  
visitmayberry.com

**Arts Councils' Fourth Friday**

Fayetteville  
(910) 483-5311  
theartscouncil.org

**Lumbee Homecoming**

Through July 6, Pembroke  
(910) 521-8602  
lumbee.org

**Crossroads Revival & Arts Festival**

Held to combat addiction  
July 7–13, Wake Forest  
(919) 322-2171  
convertinghearts.org

**Presentment**

22 artists present their work  
Through July 21, Hillsborough  
(919) 732-5001  
hillsboroughgallery.com

**Little Mermaid**

Youth workshop musical  
July 12–14 & 19–20, Littleton  
(252) 586-3124  
lakelandtheatrenc.org

**Romeo & Juliet**

July 17–21, Fayetteville  
(910) 916-0281  
sweetteashakespeare.tumblr.com

**Big River**

Musical version of Huckleberry Finn  
July 26–Aug. 4, Albemarle  
(704) 983-1020  
uwharrieplayers.org

**The Healing Arts II**

Art from local physicians  
July 26–Aug 17, Fayetteville  
(910) 323-1776  
theartscouncil.com

**Speaking In Species Exhibit**

Through Aug 18, Greensboro  
(336) 333-7460  
greenhillcenter.org

**Secrets Of The Sun**

Its role in the solar system  
Through Aug., Rocky Mount  
(252) 972-1167  
museum.imperialcentre.org



There are more than 200 markets in North Carolina offering fresh produce and more. For information about one near you, visit:  
[www.ncfarmfresh.com/farmmarkets.asp](http://www.ncfarmfresh.com/farmmarkets.asp)



**Art in Clay**

Through Sept. 1, Raleigh  
(919) 807-7900  
ncmuseumofhistory.org

**The Stars Are Not Wanted Now**

Melanie Schiff photography  
Through Sept. 1, Raleigh  
(919) 513-0946  
camraleigh.org

**Yadkin River Wine Trail  
Mini-Festivals**

Through Oct. 6, Boonville  
(336) 367-6000  
yadkinriverwinetrail.com

**Granville County Museums**

Rotating exhibits  
Through Oct. 31, Oxford  
(919) 693-9706  
granvillemuseumnc.org

**Centennial Exhibit**

At Terry Sanford High School  
Through Nov. 30, Fayetteville  
(910) 433-1457  
fcpr.us/transportation\_museum.aspx

**Bluegrass Music**

Saturday nights, Mt. Gilead  
(910) 220-6426  
mgmusicbarn.com

**Mammal Safari**

Through Dec. 31, Gastonia  
(704) 866-6908  
schielemuseum.org

**Cumberland County Goes to War**

Through Dec. 31, Fayetteville  
(910) 433-1457  
fcpr.us/transportation\_museum.aspx

**Coast** (east of I-95)**Downtown Market**

July 1, Swansboro  
(910) 326-2600

**Nature Trek With A Ranger**

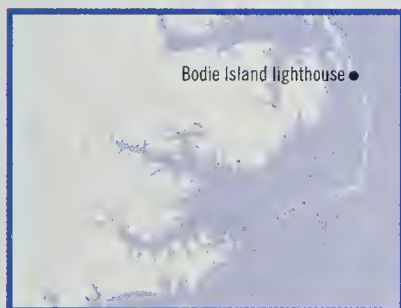
July 2, Swansboro  
(910) 326-2600

**Marine Life Cruise**

July 2, Beaufort  
(252) 728-7317  
ncmaritimemuseums.com

**Patriotic Concert**

July 2-4, Southport  
(910) 278-5542  
sea-notes.com



# CAROLINA COUNTRY adventures

Day Trip

**Bodie Island Lighthouse is open for climbing**

After undergoing a major restoration, Bodie Island Lighthouse is open to the public for climbing for the first time. Those who ascend its 214 steps earn a terrific, panoramic view of marshland, sound and sea. The National Park Service owns the surrounding land so you can see nearly the same scenery as the old-time lightkeepers once saw.

The historic lighthouse also boasts a newly restored, original first-order Fresnel lens, a complex and revolutionary light system much welcomed by mariners. Its giant, beehive structure uses a 1,000-watt bulb and 344 gleaming prisms to shoot patterned light beams nearly 20 miles out to sea. Only a smattering of U.S. lighthouses today, including Currituck Beach Lighthouse in Corolla, are equipped with the first-order Fresnel lens.

Bodie Island (pronounced "body") Lighthouse sits on Roanoke Sound, north of Oregon Inlet, and south of Nags Head. At 156 feet it is one of only a dozen surviving "tall brick tower type" lighthouses in the U.S. Three more are also in North Carolina: at Corolla, Cape Lookout and Cape Hatteras.

Bodie's recent renovation adds another chapter to its dramatic history. Shoddy construction set the original 1847 lighthouse canting to the east, so it was replaced in 1859. However, Confederate troops blew up the new lighthouse so invading Union forces couldn't use it.

After the Civil War, another lighthouse was built and the first-order Fresnel lens was installed. But less than three weeks after its 1872 opening, a flock of



National Park Service

geese crashed into the lantern and damaged the lens. There were also early problems with improper electric grounding during storms. Lighthouse keepers persevered through these and other challenges, and this beacon of hope and safety shines bright today.

Those who choose not to climb Bodie will still be rewarded with exhibit photos and lighthouse lore at the restored Double Keeper's Quarters. Stop by the Bodie Island Visitor's Center to hear about other area attractions.

**Guided tours**

The lighthouse is open this year through Oct. 14 (Columbus Day). Tickets are \$8 for adults and \$4 for senior citizens (62 or older), children 11 years of age and under, and for those with a National Parks and Federal Recreation Lands Access Pass. You can reserve tickets by calling (252) 475-9417 or buy them on site. For more: (252) 441-5711 or [nps.gov/caha](http://nps.gov/caha)

Learn of other adventures and events nearby: (877) 629-4386 | [outerbanks.org](http://outerbanks.org)





*Historic Stagville's "Jubilee" will celebrate African-American influences on music, including traditional West African drumming, bluegrass and blues, on July 13. You can also enjoy crafts, games and food during this free 2nd Saturdays program. (919) 620-0120 or 2ndSaturdaysNC.com*

#### **Declaration of Independence Reading**

July 4, Edenton  
(252) 482-2637  
visitedenton.com

#### **Anniversary Celebration**

July 4, Edenton  
(252) 482-2323  
visitedenton.com

#### **4th Of July Festival**

July 2-4, Southport  
(910) 457-6964  
nc4thofjuly.com

#### **Music & Fire Works**

July 4, Manteo  
(252) 475-1500  
roanokeisland.com

#### **Fourth Of July Celebration**

July 4, Greenville  
(252) 329-4200  
greenvillejaycees.com

#### **Independence Day**

July 4, Corolla  
(252) 453-9040  
whaleheadclub.com

#### **4th Of July Fireworks**

July 4, Washington  
(252) 946-3969  
www.whda.org

#### **Hotdogs And Beans**

Served by museum  
July 4, Pantego  
(252) 927-2570  
Pantegoacademy.com

#### **Kids Night In, Parents Night Out**

July 5, Swansboro  
(910) 326-2600

#### **The Supergrit Cowboy Band**

Sunday in the Park series  
July 7, Greenville  
(252) 329-4567  
grpd.info

#### **Summer Concert Series**

July 9, 16, 23 & 30, Corolla  
(252) 453-9040  
whaleheadclub.com

#### **Hailing Far & Wide**

How mail came in the old days  
July 10, Manteo  
(252) 986-2995  
Ncmaritimemuseums.com

#### **Cal Ripken ENC 9U State Tournament**

July 11-15, Winterville  
(252) 329-4200

#### **Scearcé & Ketner**

Acoustic rock duo  
July 12, Fort Macon  
(252) 393-7313

#### **Sports In The Albemarle**

July 13, Elizabeth City  
(252) 335-1453  
Museumofthealbemarle.com

#### **Log Structure Paintings**

Fort Raleigh colonial settlement  
July 13, Manteo  
(252) 473-2655  
www.obhistorycenter.ncdcr.gov

#### **Children's Author Suzanne Tate**

July 13, Manteo  
Roanokeisland.com

#### **The Renaming of Fort Anderson**

July 13, Winnabow  
(910) 371-6613  
2ndsaturdaysnc.com

#### **War of 1812 History Program**

July 13, Bath  
(252) 923-3971  
2ndsaturdaysnc.com

#### **Dobbs County Military Muster**

July 13, Kinston  
(252) 522-2091  
2ndsaturdaysnc.com

#### **Corn Daze**

Somerset Plantation  
July 13, Creswell  
(252) 797-4560  
2ndsaturdaysnc.com

#### **Messages From The Sea**

July 13, Hatteras  
(252) 986-2995  
2ndsaturdaysnc.com

#### **Fresh From The Past**

Activities from colonial days  
July 13, New Bern  
(800) 767-1560  
2ndsaturdaysnc.com

#### **Pirates And The Age Of Sail**

July 13, Southport  
(910) 457-0003  
ncmaritimemuseums.com

#### **Beachcombers Fest**

July 13, Beaufort  
(252) 728-7317  
ncmaritimemuseums.com

#### **Historic Edenton**

Music & crafts  
July 13, Edenton  
(252) 482-2637

#### **Hidden Beneath The Sand**

Demos and hands-on activities  
July 13, Kure Beach  
(910) 458-5538  
2ndsaturdaysnc.com

#### **Sailing Regatta**

July 13-14, Edenton  
(252) 312-9042  
eyc.org

#### **Works Of William Shakespeare (Abridged)**

July 18-19, Manteo  
(252) 475-1500  
roanokeisland.com

#### **Children's Show: Charlotte's Web**

July 18-20, Manteo  
(252) 475-1500  
roanokeisland.com

#### **Purple Martins Cruise**

See 100,000 birds  
July 18 & 25, Manteo  
(252) 473-5577  
crystal Dawnheadboat.com

#### **Art & Wine**

July 19, Columbia  
(252) 796-2787  
pocosinarts.org

#### **Wild Honey**

Folk, country & blues  
July 19, Fort Macon  
(252) 393-7313

#### **Flea Mall Rodeo**

July 19-21, Newport  
(252) 223-4019  
Newportfleamall.com

#### **Civil War Re-Enactments**

July 20-21, Fort Macon  
(252) 393-7313

#### **Wright Kite Festival**

July 20-21, Kill Devil Hills  
(877) 629-4386  
outerbanks.org

#### **Where Did Our People Go?**

History & Genealogy Fair  
July 27, Windsor  
(252) 794-3140  
hopeplantation.org

#### **Greenville Grass Concert**

Sunday In The Park series  
July 28, Greenville  
(252) 329-4567  
grpd.info

#### **ONGDING**

#### **Art Walk**

First Friday, Elizabeth City  
(252) 335-5330  
http://ecncart.com

#### **Art Walk**

First Friday, Greenville  
(252) 329-4200  
uptowngreenville.com

#### **The Lost Colony**

Outdoor drama  
Through Aug. 22, Manteo  
(252) 473-6000  
thelostcolony.org

#### **Wine Festivals**

July 3, 10, 17, 24, 31, Corolla  
(252) 453-9040  
whaleheadclub.com

#### **Damn Yankees**

Musical comedy  
July 18-28, New Bern  
(252) 638-1333  
rivertowneplayers.com

#### **The Making Of Gone With the Wind**

Costumes, props, memorabilia  
Through Dec., Elizabeth City  
(252) 335-1453  
museumofthealbemarle.com



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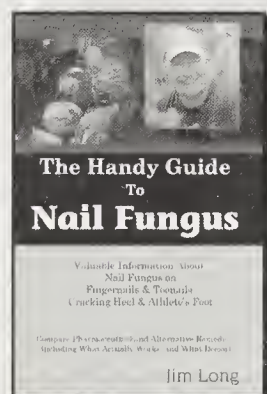
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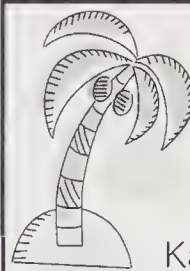
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# Home health

## *How to keep your home happy and healthy*

**Q:** We're doing some major remodeling of our home. What should we be thinking about in terms of not causing health problems during the construction and even making our home healthier?

**A:** You're way ahead of most folks by even asking the questions. One excellent resource is the National Center for Healthy Housing ([nchh.org](http://nchh.org)). (Full disclosure: I occasionally do work for them.) They've developed an approach to thinking about how to make homes healthier organized around seven key principles. If you include these principles into your project, you should make your house healthier. Here are a few of them:

**1) Keep it dry.** Uncontrolled moisture causes a lot of health problems (mold and other harmful organisms, rot and structural damage). If you're doing any foundation work, make sure the foundation drainage and damp-proofing are done to the highest standards. This is not a place to save a few bucks. If you have crawl space, be sure the ground is totally covered with plastic sheeting. If you're having any grading work done, take advantage of having the equipment on site to correct any places where the ground slopes toward the house instead of away from the house. If you're re-roofing, make sure the gutters and downspouts are in good shape and the drainage is taking water away from the house.

**3) Keep it pest-free.** Keeping the house dry will help keep lots of critters away. Sealing holes will help keep pests out as well as improve energy efficiency. Large holes in the foundation wall should be blocked with copper mesh and then foamed. Lots of critters (rats, mice, etc.) will eat through the foam if it's not reinforced.

**5) Keep it contaminant-free.** One of the first concerns in an older home is lead-based paint. Exposure to lead dust causes a host of health issues, particularly in young children and unborn babies. How old is your house? If it was built before 1978, you should assume there is lead-based paint on the walls, wood trim, doors and windows, etc. If it was built before 1960, you should assume there's a lot of lead.

Demolition work can create a lot of lead dust, which you and your children can breathe in. It's very important not to let this happen. By federal law, any contractor doing work that will disturb paint on a home or childcare facility built before 1978 is required to take training in lead-safe practices under the U.S. Environmental Protection Agency's (EPA) Renovation, Repair and Painting program. Make sure your contractor is certified. If you're doing the work yourself, you need to educate yourself about how to do it safely. There is a lot of good information on the Internet. Search for "RRP" or "Lead-safe work practices."


Other issues in older homes might include asbestos, mold, carbon monoxide and other combustion by-products.



*It's important that you and your contractor know how to keep moisture, pests and contaminants from your house.*

Sometimes there can be negative health effects from new products you bring into the house. Depending upon the specific product, everything from carpeting to insulation to cabinets to paint might off-gas formaldehyde (a known cancer-causing agent) or other harmful chemicals.

Either educate yourself or hire a contractor who really knows and understands these issues and can talk with you about the costs and potential benefits of various product choices. There is no "right" product or approach for everyone. If you have someone in your family with asthma, for instance, you might want to pay more attention to eliminating the things that are known asthma triggers.

Sometimes, contractors will blow you off when you ask these kinds of questions, often with statements like, "I've been doing this for 30 years and haven't killed anyone yet." There's a large and growing body of research that shows a connection—and, often, a cause and effect connection—between certain conditions in our homes and health effects. The contractor who doesn't take this seriously may be the low bidder, but might cost you much more in the end. 

Arnie Katz is the former building science consultant for Advanced Energy in Raleigh. [advancedenergy.org](http://advancedenergy.org)



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## Peanut Butter Sandwich Cookies

- |                                  |  |
|----------------------------------|--|
| 1 cup butter-flavored shortening | 2 teaspoons baking soda                |
| 1 cup creamy peanut butter       | $\frac{1}{4}$ teaspoon salt            |
| 1 cup sugar                      | <b>FILLING:</b>                        |
| 1 cup packed brown sugar         | $\frac{1}{2}$ cup creamy peanut butter |
| 3 eggs                           | 3 cups confectioners' sugar            |
| 1 teaspoon vanilla extract       | 1 teaspoon vanilla extract             |
| 3 cups all-purpose flour         | 5 to 6 tablespoons milk                |

In a large bowl, cream the shortening, peanut butter and sugars until light and fluffy, about 4 minutes. Beat in eggs and vanilla. Combine the flour, baking soda and salt; add to creamed mixture and mix well.

Shape into 1-inch balls and place 2-inches apart on ungreased baking sheets. Flatten to  $\frac{3}{8}$ -inch thickness with fork. Bake at 375 degrees for 7–8 minutes or until golden. Remove to wire racks to cool.

For filling, in a large bowl, beat the peanut butter, confectioners' sugar, vanilla and enough milk to achieve spreading consistency. Spread on half of the cookies and top each with another cookie.

*Yield: 44 sandwich cookies*



## Bacon-wrapped Asparagus

- 10 fresh asparagus spears, trimmed
- $\frac{1}{8}$  teaspoon pepper
- 5 bacon strips, halved lengthwise

Place asparagus on a sheet of waxed paper; coat with cooking spray. Sprinkle with pepper; turn to coat. Wrap a bacon piece around each spear; secure with toothpicks.

Grill, uncovered, over medium heat for 4–6 minutes on each side or until bacon is crisp. Discard toothpick.

*Yield: 2 to 3 servings*



## Carrot Raisin Salad

- 4 cups shredded carrots (about 4 or 5 large)
- $\frac{3}{4}$  to  $1\frac{1}{2}$  cups raisins
- $\frac{1}{4}$  cup mayonnaise
- 2 tablespoons sugar
- 2 to 3 tablespoons milk

Place carrots and raisins in a large bowl. In a small bowl, whisk together mayonnaise, sugar and enough milk to achieve the consistency of a creamy salad dressing. Pour over carrot mixture and toss to coat.

*Yield: 8 servings*

## From Your Kitchen

### Ham Delights

- 1 stick melted margarine
- 3 tablespoons poppy seeds
- $1\frac{1}{2}$  tablespoons Worcestershire sauce
- 3 tablespoons mustard
- 1 medium onion, chopped fine or 2 tablespoons minced dry onion
- 2 packages party rolls
- 2 packages sliced ham, deli
- 2 packages sliced Swiss cheese

Combine margarine, poppy seeds, Worcestershire sauce, mustard and onion. Wisk until mixed thoroughly. Split rolls lengthwise. Spread about two-thirds of the mixture on bottom halves of the rolls; then place ham slices and cheese slices on top of this. Replace tops of rolls and spread remaining mixture on the tops. Cover with foil; heat at 400 degrees for about 10 minutes or until cheese is melted.

*This recipe comes from Ann Ware of Concord, a member of Blue Ridge EMC*

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